

16th Anglo–Danish–Dutch Diabetes Group Meeting

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This year the 16th meeting of the Anglo–Danish–Dutch Diabetes Group (ADDDG) was held from 12 to 15 May 1998 at The Old England Hotel, Bowness-on-Windermere, Cumbria. The Anglo–Danish Diabetes Group was initially formed in 1982 by Edwin Gale, Torsten Lauritzen, and Stig Pramming and was joined, shortly after, by the Dutch contingent. The ADDDG now has a separate and distinctive role on the scene of international diabetes congresses. Individual participation at the ADDDG is generally limited to a maximum of 2 years to give as many as possible the opportunity to attend this unique event. The aim of the meeting is to create the opportunity for young diabetes investigators to meet and discuss their research in a relaxed atmosphere allowing the free expression of ideas and active discussion which is often inhibited at national and international meetings.

This year's meeting was attended by 32 junior diabetes researchers. Professors Stephanie Amiel (London), George Alberti (Newcastle), and William Erkelens (Amsterdam) were invited as Senior Discussants, to enable a good foundation for enlivened discussion. Practical advice regarding presentation skills and research methodology was provided in a friendly and constructive manner.

Within a few hours of arrival, the first session of the meeting had begun. This session on vascular and endothelial function was very popular, attracting a high proportion of abstract submissions, both accepted and rejected. The work presented at the meeting included interesting data on exercise-induced transcutaneous foot oximetry; carotid artery compliance; skin capillary permeability; and studies of endothelial function, both *in vivo* and *in vitro*. On day 2, there were sessions on genetics, diabetic pregnancy, and retinopathy. A case presentation of a family with MODY highlighted many of the ethical issues surrounding genetic testing of unaffected family members. The ethical theme was continued with a talk by Professor Amiel on 'Ethics and Medical Research', which was well received and gave participants the opportunity to consider their research activities from a different perspective.

The social events are always an important part of ADDDG meetings and this year was no exception, the

highlight being day 2's afternoon hike in Grasmere. The trip was assisted by both Professor Alberti's local knowledge and a splendid day's sunshine. On returning, Professors Erkelens and Alberti took part in a lively and entertaining debate concerning the relative importance of the measurement of lipids and glucose in Type 2 diabetes.

Much of day 3 was taken up by research presentations which examined insulin sensitivity and secretion. They included a detailed analysis of stevioside, a purified substance obtained from the leaves of an Amazonian plant, which increases insulin secretion. In the afternoon, we learned more about hypoglycaemia, in particular the role of computer modelling in predicting blood glucose levels and a study of an implantable percutaneous glucose sensor. The day was completed with an evening boat trip on the lake. The final day dealt with clinical practice issues and included interesting results from the Hoorn study, examining the consequences of the new fasting diagnostic criteria for diabetes. The traditional conclusion to each ADDDG meeting is the best slide show, which is of course a re-presentation of the *worst* slides. The winner, one of our Dutch participants, took his accolade with good grace and humour.

The meeting was enjoyed by all participants and was considered stimulating, helpful and friendly. We said good-bye and thank you to Ann Gold, who has served on the ADDDG committee for several years. The meeting was, once again, made possible by the very generous sponsorship from Novo Nordisk and the hard work of Stuart Jolley. Next year's meeting will be held in Maastricht, Holland from 25 to 28 May, an appropriate location for seeing our European collaboration into the new Millennium. Details for application will be circulated from October–November 1998. The date for completion of applications will be 1 February 1999.

To ensure that you receive application details please contact Sarah Austin, Professional Affairs, Marketing, Novo Nordisk House, Broadfield Park, Brighton Road, Pease Pottage, Crawley, West Sussex, RH11 9RT, England. Tel: 01293 613555. Fax: 01293 613535.

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